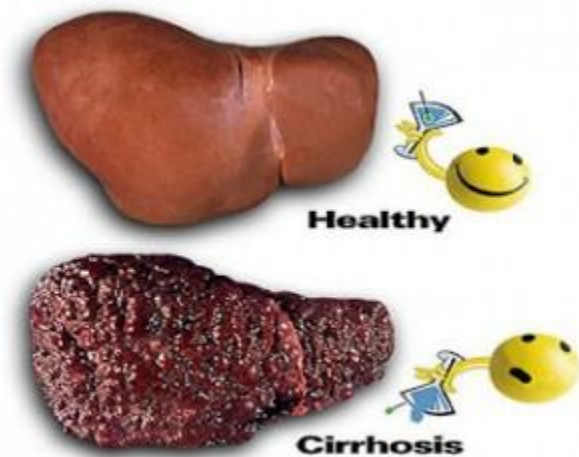


Liver Cirrhosis Treatment With Herbs And Foods In Kitchen

Liver cirrhosis treatment will become homemade cure for all people with their healthy herbs and foods in their kitchen.

Cirrhosis of people's liver is a common and serious **liver health** condition and it can impair liver's functioning. The liver which is located in upper abdomen of the body are an important organ, as it can carry out a lot of essential functions. A healthy liver can support the body to detoxify the system, purify the blood, facilitate digestion and manufacture vital nutrients.

Cirrhosis of people's liver happens as a bad result of serious damage to liver that can be caused some diseases or some other kinds of health diseases. In mild cases, their livers will be able to repair the damage to all liver cells, but the scar tissue will form in this process. The buildup of those scar tissues in people's liver is what seriously impairs liver's functioning. In this writing people can find out some simple healthy foods which can be added in their diet as a natural liver cirrhosis treatment.



1. Turmeric

Turmeric contains a lot of antiseptic properties which will be able to act as an useful **antioxidant**. They will boost the liver health incredibly. The antiviral action of natural turmeric can prevent the multiplication of dangerous viruses leading to hepatitis C and B. For the wonderful liver cirrhosis treatment, people can:

- Add turmeric in the cooking meal
- They can mix one teaspoon of turmeric with free sugar milk and drink this daily
- They can also add one teaspoon of turmeric in one teaspoonful of organic honey daily.

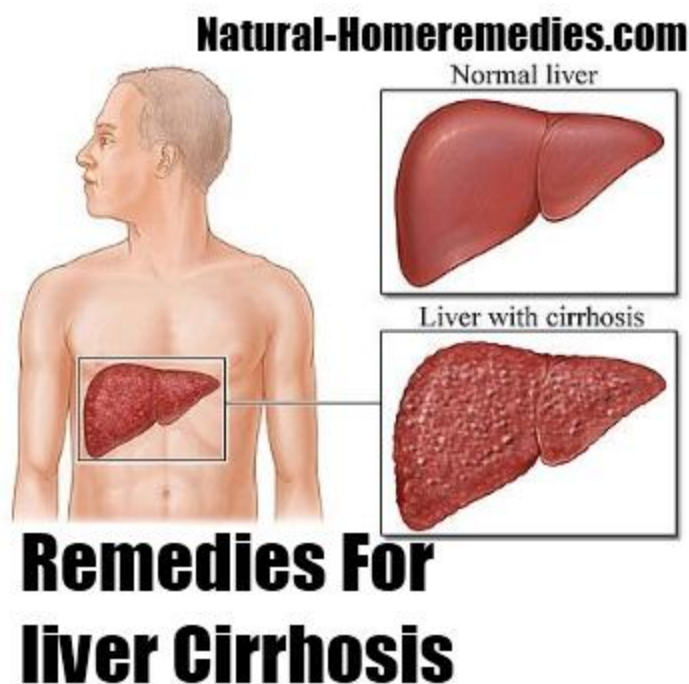
2. Indian Gooseberry Or Amla

This plant is one of the best sources of minerals and vitamin C which are going to maintain the liver function at the best optimal level. Many researches are proven that amla contains liver-protective functions.

- All people can consume four or five raw amlas a day
- Instead, people can also use them in the healthy salads or even grate them and consume with salt or curd.

3. Leafy Vegetables And Apples

Leafy vegetables will be able to boost the flow of pectin and bile present in fresh apple in order to remove toxins from the body's digestive tract. This can support to protect people's liver.



4. Ginseng

Preliminary study showed that **ginseng** can encourage the development of some types of the glandular cells in liver, supporting it to heal as the best liver cirrhosis treatment.

5. Milk Thistle

This useful herb is very effective for many kinds of liver diseases, so it can be used in some kinds of natural liver cirrhosis treatment. There are a lot of evidences suggesting that Milk Thistle is great for viral cirrhosis, hepatitis, the toxicity caused by chemicals, or alcoholic hepatitis.

All people can consume 900 milligrams of Milk Thistle 2 times per day at their mealtimes.

6. Licorice

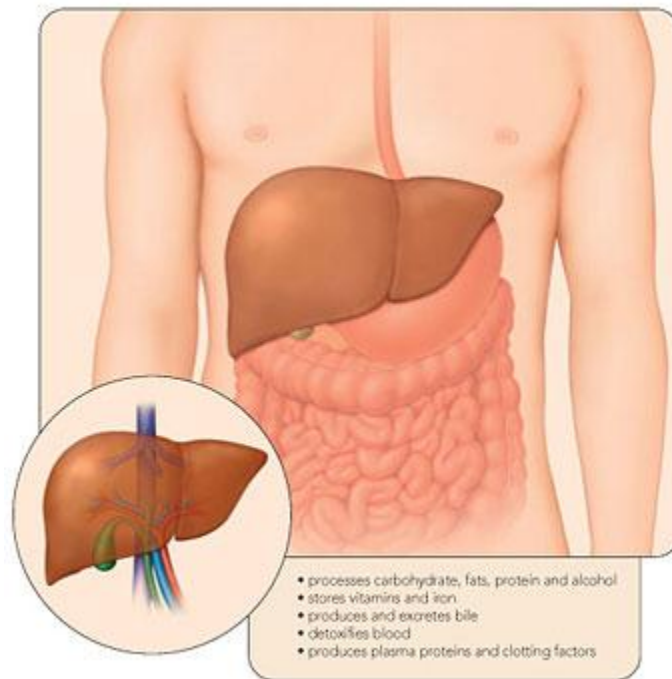
This is a wonderful remedy for liver cirrhosis treatment and non-alcoholic fatty liver problems. This helpful remedy is utilized in Ayurvedic preparations to treat liver ailments.

All people can powder the dried licorice root for making a healthy tea and drink this herbal tea 1 or 2 times per day.

7. Dandelion Root Tea

This plant can support in stimulating healthy liver function. All people need to do is making herbal tea with the powder of dandelion root. Or they can eat this remedy for about 2 times every day to get the best results. They may also boil an amount of this root with water for a drinking liquid.

Functions of the Liver



8. Flax Seeds

The liver works to remove all hormones which are circulating in people's blood. It can cause strain for people's liver. The useful phytoconstituents in the flax seeds will be able to prevent these hormones from circulating in blood and decrease the strain on liver.

- Use crushed or whole flax seeds on the delicious salads or toast.
- People can also eat them with their cereals.

9. Papaya Fruit

Papaya fruit is one of the most effective foods for liver cirrhosis treatment. This is the safest natural remedy for liver cirrhosis treatment.

- Add one teaspoon of the homemade lemon juice to 2 teaspoons of homemade papaya juice and drink it daily
- Take this combination for 3/4 weeks to treat the problem completely.

10. Apple Cider Vinegar

This ingredient can help in detoxifying the liver as the best liver cirrhosis treatment. If people can consume it before each meal, it can help to metabolize fat easily

- Mix 1tablespoon of organic apple cider vinegar in a cup of warm water
- Add 1 teaspoon of organic honey to this combination
- Drink this combination 3 times per day to wash the liver.

There are 10 healthy and safe foods and herbs they all people can use as liver cirrhosis treatment. They also can use **Liver Cirrhosis Bible** as the natural and safe liver cirrhosis treatment. Please tell me your idea, here!